SUBURBAN ASSOCIATIONS

List of Officers Together With Time and Place of Meeting.

IN THE ALTER OF THESE ASSOCIATIONS THE FIRES ARE BURNING FOR ALL THE PEOPLE OF THE SUBURBS.

Citizens' Northwest Suburban Association.

Meetings are Held the First Friday Evening in Each Month in the Town Hall, Tenleytown, D. C.

OFFICERS:

President, Charles C. Lancaster; 1st Vice-President, Col. Robt. I. Fleming; 2nd Vice-President, Hon. John B. Henderson; 3rd Vice-President, John Sherman; 4th Vice-President, Rev. Joseph C. Mallon; 5th Vice-President, Rev. J. McBride Sterrett; Secretary. Dr. J. W. Chappell; Treaserer, Charles R. Morgan; Chairman Executive Committee, Louis P. Shoe-

l'otal Membership about 150.

Brightwood Avenue Citizens, Association.

Meetings are Held the Second Friday Evening in Each Month in Brightwood Hall.

OFFICERS:

President, Louis P. Shoemaker; 1st Vice-President, Wilton J. Lambert; 2d Vice-President, N. E. Robinson; 3d Vice-President, Thomas Blagden; 4th Vice-President, Dr. Henry Darling; Scoretary, John G. Keene; Treasurer, N. E. Robinson.

Total Membership about 200.

North Capital and Eckington Citizens' Association.

Meetings are Held the Fourth Monday Evening in Each Month in the Church of the United Brethren, Corner North Capitol av R Streets.

OFFICERS:

President, Irwin B. Linton; Vice President, Washington Topham Treasurer, W. W. Porter; Secretary Washington Topham A. O. Tingley; Executive Committee The officers and Messrs, Jay F. Ban croft, Theo. T. Moore and W. J

Fir Total Membership about 280.

Trakonno raik "Cinzens "Assuciation.

Meetings are Held the Last Friday Evening in Each Month in the Town Hall, Takoma Park, D. C. OFFICERS:

President, J. B. Kinnear; Vico-President, J. Vance Secretary, Benj. G. Davis; Treasurer, Ct. F.

Total Membership about 100.

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Several tracts of land near Brightwood and Takoma, also Building Lots on Brightwood Ave., and 14th Street road. Louis P. Shoemaker, 920 F St., N. W.

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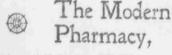
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Primacura not only RELIEVES but PER AN EXPERIMENT WHICH INTERESTS temperature. During the month set ALL THE CIVILIZED WORLD.

an IMMEDIATE and PERMANENT allayer of Novel Treatment of Women Patients on Ward's Island - Some Encouraging Signs-Photographs Which Show Im-

provement-Music as a Remedial Agent. 14th St. and New York Ave.; Ogram | cares for the insane of Manhattan, an | music of a special character. The inexperiment is being tried which inter- struments used are the harp and the ests all the civilized world. There, violin, with the piano as accompaniwhere the poor are treated, the latest development of science is being put programme. The voice employed is a to the test, and daily trials are being made of the effect of music on the the doctor feels that the twelve pabrain, to determine how far it can be relied upon as a remedial agent. Just photographs taken when the class was what the ultimate result will be it is opened and again at its close. Even too soon to state with authority. The to the casual observer the second physicians who have the matter in group shows increased alertness and charge are watching and studying appears more intelligent. The trained each case assiduously. They are not eye discovers still more development. yet ready to commit themselves as to results, but details, as far as the experiment has gone, were cheerfully given and are full of interest. The theory is not new. It was known

to and discussed by the ancients. Pyth-

agoras prescribed sonnets to those laboring under aberration of mind, because of their rythmic movement. Xenocrates, 396 B. C., following his teaching, played a lyre and sang to the insane. Centuries later, Ferinell, my idea of a saint," said Mrs. Ewing, the eminent singer, is said to have and the unanimous response of the cured Philip of Spain of homicidal American man will be that, though his mania by singing ballads to him daily, guilty conscience tells him it is not It is well known among students of true, it was the right thing for Mrs. brain disease that few South Germans | Ewing to say. It sounds what should commit suicide, and it is held probable be the keynote of the wide and general that there is some connection between effort on the part of lovely woman to that fact and the extreme fondness reform and improve the weaker and for music which characterizes the na- inferior sex. tion. But it was not until quite recently that anything like systematic are caught with honey than with vineexperiment was made, or any scientific gar" applies equally to the male hurecords kept. In 1877 and 1878 some | man fly, but Mrs. Ewing appears to desultory effort was made on Blackwell's Island. In 1886 the Lancet dis- known, who appreciates the value and cussed the subject, and is quoted as the application of the adage. In prisaying: "Music influences both brain vate life this method of man-taming is and spinal cord, probably on account widely understood and practiced. Why of music having vibratory or wave- is it not more generally utilized by remotion, and through its vibratory ac- formers in public? Why do not the tion stimulates the nerve centres, Music acts as a refreshing mental vantage of winning the weak and susstimulant and restorative. Therefore ceptible heart, man's unguarded outit braces depressed nervous tone, and post, before attacking the bastioned indirectly through the nervous system and buttressed citadel of his intellect reaches the tissues." And now, in and his temper.-New York World, Manhattan Free Hospital, the theory is being daily applied, and effort is being made to reach definite and satisfactory conclusions. Dr. Baily, the well-known brain specialist, with his able wife, and Dr. Peterson, who is the consulting surgeon of Ward's Island, became convinced that music was a desirable aid, and, being eager to prove the benefit, agreed to supply music for one hour a day if Dr. E. C. Dent, Superintendent of the Woman's Hospital, would arrange a class and keep all records. This Dr. Dent agreed to do, and for a number of weeks the experiment has been under way.

Technically there are many kinds of insanity. For their proper trent- rense, have nearly an become disciple ment patients are divided into groups or classes, the cases of acute mania together, those of melancholia in another ward, and so on. In order to be tried upon each class or group separately. To make a close study posso twelve sufferers from melancholia feeling among the physicians that a gain is being made, but they are conservative, and chary of stating anything positively, until closer study has been given, and reports have been

more carefull, considered. Two afternoons recently the writer attended the class. In the interval between the first and second visits two days only had elapsed, yet the faces seemed brighter and more intelligent upon the second day, and one or two showed a decided increase in interest. The class in progress was the the evicted tenant is to go in order to acute one. Among its members was one poor girl who raved incessantly in an excited manner, another who was apparently oblivious to all her surroundings, others who were quiet, but The last census returned 3000 Londonabsolutely dull and lifeless. It was ers as living eight or more in one noticed that the programmes consist- room, over 9000 as living seven and ed of sentimental classical music. At more in a room, and nearly 20 000 as three o'clock the class is ushered into living six and more in a room. Since the music room. The members are then the population of the capital has unrestrained, but nurses watch every increased by 300,000 people. There change and note it down. Before the are houses in London where rooms are music begins, and again when the class let on the Bex and-Cox principle, tenis closed, the temperature, respiration ants occupying in rotation for eight and pulse of each patient are taken hours each. Sometimes a young womby the nurses and recorded. During an will occupy the room by day, which the entire hour these attendants are is let to a young man by night. Peoon the watch. Through their carefully ple sleep under beds as well as in taken notes the physicians keep in them, and pay rent for doing so. formed of every change, and from Evicted families live in sheds until these make their deductions. It it can they drift intoothe workhouse. The be discovered that change of any sort horrors of this state of things need no follows the treatment, something will exaggeration and no sensational workhave been achieved, for to rouse the ing up. The bare facts speak for patient or to change the current of themselves.-The Spectator. thought is all-important.

Acute mania is most helped by po riods of quietude. The brain is overstimulated and needs rest. If it can be discovered that one sort of music sodden and dull upon the first day, that of the East. showed signs of pleasure on the sec- The child is without picture-books, ond. The most excited patient of as we understand that term. He may the twelve listened far more quietly have a badly illustrated copy of the upon the latter occasion.

made, and Dr. Bond, who was the thought of making a book of animals, physician in charge, believes that on a book of soldiers, or a book of nurssatisfactory. His records show that per's Bazar.

MUSIC FOR THE INSANE, the average of the pulse was quickened, and the respiration enhanced; but little deviation was shown in the apart for the class, all other music was suspended. In order that the test might be as perfect as possible, the patients were excluded from the regular concerts, which are given with a view to entertainment only, and do On Ward's Island, where the State not allow a study of the effect of ment when singing is included in the beritone. At the end of the month tients have improved, and he produced -New York Post.

A Wise Reformer.

The address of Emma P. Ewing, manager of the "Model Home School" in Marietta College, Ohio, delivered at the mass-meeting of Syracuse housekeepers, shows that she is emphatically the woman for the situation and an example for her sex everywhere.

"The average American man is just

The ancient proverb that "more flies be the only reformer, so far as is would-be reformers appreciate the ad-

In Onion There is Strength. President Harper, of the University of Chicago, has entered upon a most interesting experiment in food. He has given the odorifcrous onion the leading place on his daily bill of fare. His physician having advised him that onions are omnipo ent in the elimination of lime from the human system the worthy Prex is applying himself with great zeal to the consumption of the most fragrant of all the fruits of

the earth. The students of the university, as an evidence of sympathy and to some extent perhaps as a matter of self-deof the onion cult. The university's daily menu has thus become a pleasing and pungent panorama of onions-onions fried and fricaseed, baked and ascertain the effect of music, it must boiled onions, onion fritters, pies and

tartlets. If there is any truth in the theory cific against lime, the faculty and stuwere first chosen, then twelve whose dents of the Chicago University will disease takes the acute form. The soon be a thoroughly limeless body of music will be continued until a class men. And if the old proverb "In from each ward has been subjected onlon there is strength" holds good, to the test. So far there is a general that institution will soon take rankof the rankest kind, too-as one of our strongest seats of learning. - New York World. - Nothing Works and

Overcrowded London.

Mr. Haw shows us that one-fifth of the population of London, that is to say, about 900,000 people are systematically breaking the law. He shows us, also, how private individuals may set the law in action to punish the offenders by fine or eviction. But what he cannot show at present is where escape the necessity of offending again. People overcrowd because they cannot get rooms, not because they are not willing to pay for them.

Chinese Children.

It has often been supposed that the play life of Chinese children is meagre. Let me say I am prepared to show or another induces those periods, a that their play life is as rich and distinct advantage will be gained. One varied as was the play life of Eurowoman, it was noticed, seemed smil- pean and American children before the ing in a happy, contented way. The time of Frederick Froebel and the kinnurse assured us that she felt the demoarten, except in the matter of toys music helped to create her cheerful and books. Since that time the inmoments. The poor child, who seemed | ventive genius of the West has eclipsed

three-character historical classic, or The melancholia class had completed the "Twenty-four Examples of Filial its allotted month when the visit was Piety," but no one in China has ever the whole the experiment has been ery rhymes for the little ones,-Har



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Refreshments of all kinds at Moderate Prices. Everything First Class.

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Gentlemen's Suits cleaned and pressed for \$100!!! Make 'em look like new. Altering and Repairing Done in First-class

style. Goods called for and delivered.

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J. L. MEAD CYCLE COMPANY, Chicago, III.

Revolt of the Somali Tribes. The French steamship Salazle arrived af Marseilles from China. At Aden the officers were informed that

who have recently rebelled. California's Population, 1,485,053. The population of the State of Califormia as officially announced by the Census Bureau at Washington is 1,485,-053, against 1,208,130 in 1893. This is an increase of 276,923, or 23.9 ner cent.

Dynamite Wrecks Two Houses, The homes of Fenton King and Mrs. Barns, at Elwood, Ind., were wrecked by an expiosion of dynamite, some one Ras Makonnen, one of King Mene-lek's principal chiefs, had been chiged to interfere between the Somal, tribes the families narrowly escaped death.

15,000 Boers in the Field.

The Boers have 15,000 men in the fleid, nearly tilf of whom are in Orange River Colony. These are divided into commandos of some 300 each, but are capable of combination for large operations.